



NEWS

ANTELOPE VALLEY'S
HEALTHCARE
NEWS RESOURCE

FOR IMMEDIATE RELEASE

Contact: Karen Shea
Office: 661-949-5290 Cell: 661-433-2186
karen.shea@avhospital.org

LOCAL PHYSICIAN WINS PRESTIGIOUS AWARD SLATED TO SPEAK AT ANTELOPE VALLEY HOSPITAL

(LANCASTER, CA – May 20, 2008)— Antelope Valley Hospital (AVH) is featuring Phillip Tuso, M.D., F.A.C.P., in an upcoming Community Health Education Lecture entitled ***“Food Insecurity and Chronic Disease,”*** on ***Thursday, May 22, 2008 at 6:30 pm.*** Tuso, who is the Coordinating Chair of the Kaiser Permanente Regional Nephrology Committee, Medical Director Fresenius Medical Care Dialysis Unit of the Antelope Valley, and a member of the medical staff at Antelope Valley Hospital, was recently awarded “The Spirit of Nephrology Award” by The National Kidney Foundation of Southern California. This award is given to outstanding individuals who strive to further scientific research in preventing kidney disease and ultimately in finding a cure as well as to improve the quality of life of patients with kidney disease.

Tuso’s lecture will focus on educating local residents about the latest information on food insecurity affecting an increasing number of people in the Antelope Valley.

“There is a new paradox called food insecurity. It’s caused by not being able to acquire enough food or enough of the right kinds of food. Not having enough food can lead to under-nutrition and recurring hunger. On the contrary, having too much of the wrong types of food can lead to over-nutrition and obesity, thus leading to chronic and life threatening diseases,” explained Tuso. “With one in 10 people in the Antelope Valley area going hungry each year; hunger, mal-nutrition and food insecurity are rising problems that affect us all.”



(Left to Right) La Tanya Richardson, Donna Tuso, Phillip Tuso, MD, Samuel L. Jackson at the National Kidney Foundation Dinner

(-more-)

In an attempt to prevent the complications of diseases associated with malnutrition and obesity in poor communities, Tusso established the Foundation to Improve Renal Nutrition (FIRN). Tusso and FIRN have distributed more than 20,000 cans of free supplements in the past three years to food insecure patients with kidney failure in the Antelope Valley and 23 different states across America. FIRN has now joined forces with Grace Resource Center of the Antelope Valley to provide nutritional supplements to more food insecure people with chronic diseases. He believes that these supplements will help eliminate hunger, eliminate protein malnutrition, and provide an alternative to high calorie foods that may lead to obesity.

The lecture on **“Food Insecurity and Chronic Diseases”** will be held on **Thursday, May 22, at 6:30 pm** at the AV Outpatient Imaging Building - 44105 15th Street West, **conference room 15**, in Lancaster. To reserve a seat, please call **(661) 726-6499** or send an e-mail to communityrelations@avhospital.org. Please leave your name, contact number, and number of guests attending the lecture.

About Antelope Valley Hospital

Celebrating more than 50 years of caring for the community, Antelope Valley Hospital, a facility of Antelope Valley Healthcare District, is a non-profit, 420-bed hospital that was founded in 1955. The hospital is dedicated to providing quality care and services to everyone in the Antelope Valley. AV Hospital is located at 1600 West Avenue J in Lancaster, California. For further information, please visit www.avhospital.org or call 661-949-5000.

###